

The  
**Fostering  
Network**



# Your guide to fundraising

Run, bake, dress-up, take part!





# Welcome and thank you



## Did you know that...

- there are **70,000 children** living with foster carers each day in the UK
- every **20 minutes** another child comes into care needing a foster family
- there are **52,000 foster families** across the UK caring for foster children?

Dear supporter

Children and young people coming into care have often experienced neglect, abuse and trauma. We want each of them to have a positive experience of family life. **With your help we will support them to overcome the challenges of their early lives, to have high aspirations and fulfil their potential.**

The Fostering Network is the UK's leading fostering charity and transforming children's lives is at the heart of everything we do. We are the essential network for fostering, bringing together everyone who is involved in the lives of fostered children. We champion fostering and seek to create vital change so that foster care is the very best it can be.

Children in foster care need better educational opportunities and support to enjoy learning. They also require greater stability and the chance to maintain relationships in order to help them reach their full potential. Additionally, foster carers and their families need greater support and recognition in their challenging work.

Your fundraising will help us to create the vital change needed to do the very best we can for children and young people in foster care and to deliver projects and activities to improve outcomes for fostered children and young people.

**Thank you** for choosing to fundraise for The Fostering Network - it is fantastic to have your support and enthusiasm!

**Sarah Thomas**  
Chief Executive



# Our fantastic fundraisers

Every year, there are hundreds of people across the UK who **walk, run, bake, knit, jump, shave, drive, wax, dress up or dress down** in order to raise funds for The Fostering Network.

Whether it's climbing a mountain, running a half marathon, organising a pub quiz or hosting a bake sale, over the next few pages you'll find all the inspiration, ideas and advice you need to get you started!

Our fundraising team will be on hand from the moment you get in touch to help you arrange a fantastic event.



Name: **Deborah**

Event: **Foster Walk and Ride**

Fundraised: **£9,000**

#### **Deborah says:**

My partner and I have been foster carers since October 2014 and we immediately set out to see how we could raise money doing something we love to support The Fostering Network.

I'm a keen horse rider and I've organised three sponsored walk or horse rides so far in Ashdown Forest with up to 200 horses taking part in one of our three different length courses and I raised more than I ever thought I could! Everyone (including the horses!) were encouraged to dress up in orange and we gave out certificates and medals at the end. We had a food van on standby at the finish too so the hungry participants could buy some well-deserved food. I would encourage anyone to get involved and sign up to a challenge or organise one that other people can take part in - good luck!



Name: **Niki**

Challenge: **Skydive**

Raised: **£2,000**

#### **Niki says:**

I wanted to fundraise for a charity that supported children and young people which is why I chose The Fostering Network. I believe that every child deserves a loving family and even though these children have had a hard and unsettling start in life they deserve the same life opportunities as their peers, including stable and lasting relationships, educational achievement and a positive experience of family life.

I decided to take on a challenge I hadn't done before and do a sky dive. My mum and sister wanted to take part too, so all three of us took to the skies over Suffolk and completed our first ever 13,000ft freefall! The rain stopped long enough for us to complete the jump and we raised over our target of £1,400 for The Fostering Network so it was well worth it. Despite the screams as we jumped out, we'd all sign up to do another one.





# Foster Walk

**A Foster Walk is a fantastic way to get your friends, family, and colleagues together to have a fun day and to raise funds for our vital work supporting those involved in fostering.**



Whether you're an individual, a fostering service, a local authority, a family or a group of friends, you can arrange a Foster Walk in your local community.

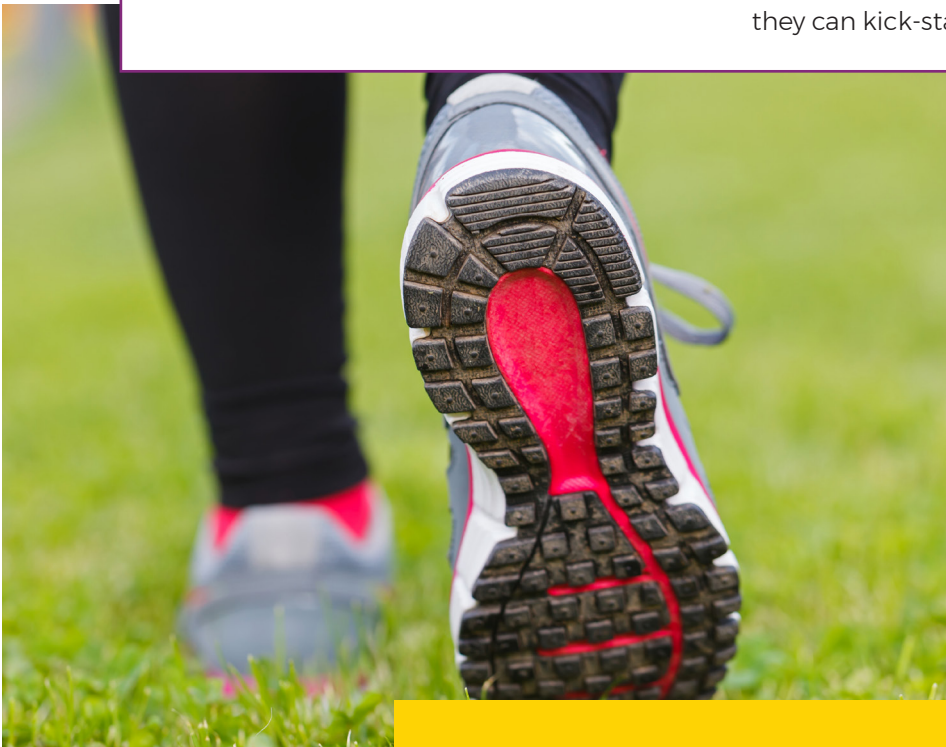
Top tips on running your own Foster Walk

- Visit our website

**[thefosteringnetwork.org.uk/foster-walk](http://thefosteringnetwork.org.uk/foster-walk)**

- Pick a route for your walk. Choose a family friendly route - fostering is all about families and we love events where all the family can take part.

- If you fancy doing something a bit different you could choose a themed or seasonal walk and finish in a local café or park.
- Tell people about your walk! Spread the word through word of mouth, posters in local schools, community notice boards and use social media to increase the awareness of your event.
- Encourage participants to create an online giving page such as Virgin Money Giving.
- Request a batch of sponsorship forms to hand out to everyone who signs up so they can kick-start their own fundraising!



Contact **[fundraising@fostering.net](mailto:fundraising@fostering.net)** if you need any support in setting up your walk

**And if you don't fancy getting your walking boots on, check out 25 Ways to Fundraise.**



## Challenge yourself

Is there a **once-in-a-lifetime challenge** that you've dreamt of doing one day?  
Well... that day is here!



### Challenge yourself and raise money for The Fostering Network

We provide all the fundraising support you need to help you organise an exhilarating challenge that's perfect for you.

Whether you want to complete your first 10k run, a marathon, or take that once in a lifetime trip to the very top of Mount Kilimanjaro, we can support you as you help to improve the opportunities for children in foster care.

Check out [thefosteringnetwork.org.uk/challenge-events](https://thefosteringnetwork.org.uk/challenge-events) for our latest challenges – there really is something for everyone!

If you prefer something a little less hair-raising, check out 25 Ways to Fundraise.



Fundraisers at the summit of Ben Nevis.



# 25 ways to fundraise!

**Absolutely anything you enjoy can be made in to a fundraiser! We've listed 25 ideas below to start you off, but really the list is endless...**



## Ideal for the sporty side of you:

1. Running/walking/trekking challenge
2. Cycling challenge (static bikes work too!)
3. Skydive
4. Obstacle course (Tough Mudder for example)
5. Swimming challenge
6. Golf day
7. Group hike/trek/walk/ramble
8. Sports tournament (football, cricket, rugby)



## Ideal for bringing people together:

9. Group challenge (obstacle course, relay run)
10. Dress down at work/school day
11. Family fun day event
12. Carols by Candlelight
13. Themed party (Eurovision, Halloween, Christmas)
14. The Big Night In - films, spa treatments, cooking
15. Ask your local if you can host a pub quiz



## Ideal for fundraising with food:

16. BBQ
17. Wine tasting evening
18. Coffee morning
19. Dinner party (you could pick a theme!)
20. Cake sale at work/school/ in your local community



## Or why not try one of our miscellaneous ideas?!

21. Holding a raffle as part of an event already happening
22. Brave the shave or a sponsored waxathon
23. Sponsored car wash at home or work
24. Sponsored silence for 24 hours (it's harder than you think!)
25. Ask people to fill a Smarties tube with 20ps (each tube holds £12)

You could distribute tubes with this poem:

*We've given you these Smarties to eat  
But the empty tube you must keep  
For every task done, earn 20p  
It's up to you to earn your fee  
Fill up your tube, right to the top  
Return in three weeks for our charity pot!*



**Like the sound of one of the fundraising ideas, or have an idea of your own, but not sure where to start? Contact our fundraising team who can help you turn your idea into reality. Call 0141 285 6403 or email [fundraising@fostering.net](mailto:fundraising@fostering.net)**



# Your fundraising event

## Making your fundraising event legal, safe and fun!

Now you've decided what fundraising event you want to organise, here are a few of our top tips to make sure your event is a success.



### Create your online fundraising page

If you're doing a challenge of any sort then use **Just Giving** to set up your fundraising page and share the link on social media and by text or WhatsApp too!

### Social media

Use social media wherever you can to help spread the word about what you're doing and encourage people to donate. You could:

- Create a Facebook event and invite everyone to it.
- Share your online fundraising pages on your social media.
- Ask your work or local community to advertise the events on their intranets or websites.
- Use Twitter and Facebook to rally interest and awareness of your efforts.

### Location, location, location

You could hold an event at home or in your local community. Picking a suitable, and if possible unique, location for your event will make all the difference to its success.

### Date

Make sure you pick a date that doesn't conflict with any other local events or major sporting events.

### Alcohol licence

You don't need a licence to provide alcohol at a private event, such as a street party or at home, as long as the alcohol is not being sold. If you're planning on selling alcohol, find out if you'll need to apply for a licence. It will take you about two months to apply and receive a temporary event notice.

You can find out more information about licenses and how to apply for them from [www.gov.uk](http://www.gov.uk)

### Risk assessments

It's always a good idea to carry out a risk assessment to make sure your event is as safe as possible – don't worry it's much easier than it sounds!

A risk assessment is a careful consideration of the different elements of your event which could possibly cause harm to your guests. Risks could include trip hazards such as uneven surfaces or the weather. Get in touch with us to request a risk assessment form.

Once you've identified any risks, you'll need to consider if there are any ways you can reduce that risk such as if you're having an outside event – having somewhere to retreat if the weather changes or asking your guests to come armed with raincoats and umbrellas.



# How to pay money in

## Thank you for raising money for The Fostering Network!

Now the hard work is done all you need to do is pay the money in.



### Online fundraising

Anything you've raised online will come directly to The Fostering Network and the Gift Aid will have been added on where appropriate so there is no action on your part. Online giving pages close automatically three months after your event is over.

### Offline fundraising

All funds collected should be sent to The Fostering Network within six weeks of collection if possible, and it's a good idea to always have two people present to count any money raised.

### When you're ready to pay in your money you can:

1. Pay the money directly into our bank account  
Account name: **The Fostering Network**  
Sort code: **20-65-82**  
Bank account no: **43177947**
2. Make a donation online via our website: **thefosteringnetwork.org.uk**
3. Send a cheque to The Fostering Network, 87 Blackfriars Road, London, SE1 8HA

However you decide to donate, please let our fundraising team know on **0141 285 6403** or **fundraising@fostering.net**.

### Gift Aid

- By allowing The Fostering Network to claim gift aid on a donation, we're able to add 25p of every £1 donated.
- You must complete a **donation form** (included in this pack) or you can find one on our website. In order to claim gift aid on any donation you must provide us with your address, postcode and you must be a UK taxpayer.
- Please also use the **sponsorship forms** (included in this pack) to collect Gift Aid declarations from anyone who donates to you or your event. That way we can increase your donation by as much as 25 per cent with no extra cost to you.

**They must tick the Gift Aid box if applicable in order to be eligible.** *giftaid it*



# How we can help



## Help is at hand

If you'd like to do something but not sure what or if you've got an idea but aren't sure how to go about making it a reality then we can help you! Call or email our fundraising team on **0141 285 6403** or **fundraising@fostering.net**



## Let us know!

It's great to hear about everything our supporters get up to around the UK and beyond. Please do keep in touch about your events and challenges and wherever possible, photos help to bring your story alive. With your permission, we might Tweet your mission or use your story in our Foster Care magazine so we can inspire more fundraisers to get involved. Please check that you have permission from participants to take and share photos.



## Thank yous

We can provide thank you certificates to anyone and everyone who has taken part in a fundraiser of whatever nature, so let us know how many you need and where they need sending to.



## Materials

We can provide the following so that you can brand your event orange for The Fostering Network!

- Banners\*
- Certificates
- Collection buckets\*
- Foster Walk stickers (if you're planning a walking challenge)
- Hand held collection pots\*
- Medals (for sporting challenges)
- Orange bunting\*
- Sports vests
- T-shirts for the organisers (t-shirts for participants are available for a donation)

*(\*Please note that we will need you to return these items when you have finished with them as we have limited resources available)*







# Donation form

Thank you for your gift.

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Post code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Reason for donation:

Please debit my credit card/debit card £

Visa  Mastercard  Delta  Maestro  CAF Charity Card

Name on card:

Card Number:

Expiry Date:   /   Valid from:   /   Security Code:\*    Issue No:

\*last three digits on the signature strip

I enclose a cheque made payable to The Fostering Network for  £10  £20  £50  £100

Another amount £

Signature

Date   /   /

Please complete this form, sign and return it to:

**The Fostering Network**  
**FREPOST RTKY-JJGZ-UGUR**  
**87 Blackfriars Road**  
**London**  
**SE1 8BR**

### Increase your gift at no cost to you

If you Gift Aid your donation, The Fostering Network will receive an additional 25p for every pound you give. Your address and postcode is needed to identify you as a current UK taxpayer.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

*Please notify us if you change your name or home address, or no longer pay sufficient tax on your income and/or capital gains, or want to cancel this declaration.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

*giftaid it*





**Thank YOU**

For help with your fundraising,  
please get in touch with:

**Dan Joyce, Fundraising Team**  
**t 0141 285 6403**  
**e [fundraising@fostering.net](mailto:fundraising@fostering.net)**



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